



DHWP Health News

Your Partner in Good Health

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The Holiday Edition

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How to Shop for Safe Toys

(Courtney Martin)

Public Health Prevention

This holiday season, don't grant your kids' wishes for the newest, coolest toys until you know they're safe. With new product recalls almost daily, trouble with lead-contaminated toys from China and studies showing that certain chemicals may be harmful to children, choosing safe and healthy toys can be very hard to do. DHWP is here to help you stay on your guard about toy safety. Before you buy, double check that the toy you're considering meets our safe shopping guidelines.

Is it Safe? Checklist

- Are there any small, loose parts that your child can swallow? If you're not sure, consider the toilet paper tube test—anything that can pass through the tube is too small to be given to a child under 3 years old. Marbles, coins and balls are common toys that are too small. Also, make sure that any buttons, eyes and noses are tightly secured.
- Could any part of the toy be bitten off and swallowed? Little kids love to chew their toys, so avoid any toys that have small pieces that can be easily bitten off.
- Could any part cut small hands or fingers? Look for points, edges or breakable parts that could be sharp and don't buy those toys for kids under eight? If you're considering a ride-on, is it sturdy and stable, and does the child have all the proper safety equipment (helmets, etc.) needed to use it?
- Does the toy include magnets? Building sets, action figures, puzzles or dolls containing small, powerful magnets can be deadly if swallowed by children.
- Could the toy be a fire hazard? Fabric toys should be labeled as flame retardant or flame resistant. And electrical toys with batteries or electric plugs pose a burn hazard so they should not be given to kids under eight.
- Could the toy contain questionable chemicals? Phthalates have been banned in children's toys and children's care articles since February 2009 and stricter standards are in place for lead and other potentially toxic chemicals, too. But if you want to know about any trace amounts of these types of chemicals, look up levels for specific toys on *HealthyStuff.org*.

If you follow this Safe Toy checklist, you are guaranteed to have a Happy Holiday. To avoid the above mishaps, and many more that can occur, always monitor children when playing with toys. Be sure to show them the proper way to handle the items. And last but not least always, THINK PREVENTION!

Article adapted from <http://www.gifts.com/christmas/holiday-toys-safety-guide>. You can refer to this site or Google "safe holiday toys" for more information.



THINK PREVENTION: More Than A Motto

Public Relations

(Michael McElrath)

Here, at the Detroit Department of Health and Wellness Promotion we have created the phrase, "THINK PREVENTION." It is a motto that reaches across many of our programs and services. Even more, it fits for almost every part of our lives. Things happen in our world, in our country, our state, city, communities and families. It is bound to happen. But in our personal lives, the things we can control, we should be prepared for anything. The best way to prepare for those moments is to "THINK PREVENTION".

When it comes to health issues, "THINK PREVENTION" is more than a motto. One of our nation's forefathers and famed inventor, Benjamin Franklin once said, "An ounce of prevention is worth a pound of cure." The more we prepare and prevent health issues from happening, the healthier we can be. From regular exercise to

healthy eating habits, we can prevent sicknesses such as depression and diseases that weigh down our bodies and minds.

The HOPE newsletter is a comprehensive chronicle of what our department offers to Detroit residents. It is filled with information and stories purposed to improve your life. As you read its articles, "THINK PREVENTION." Apply what you've learned from the tips shared in each piece. Mark your calendars for our events and programs that are designed to encourage a healthy lifestyle. Read, learn and share. And most importantly, have a safe, healthy and happy holidays.

In good health,
Michael McElrath
Public Health Information Officer,
DHWP

Question? Corner



Now that I have been vaccinated for H1N1, will I still need another Seasonal Flu or H1N1 vaccination in the upcoming flu season?

Ok, this is a little complicated, but here it goes. Yes! You will still need to be vaccinated for *both* strains of flu in the upcoming flu season. That was simple right? Here's the complicated part. Flu season spans from September until May, so technically in May of 2010 we will still be in the current flu season and you will have to wait until fall of 2010 to be vaccinated for the upcoming strain of flu. A good rule of thumb to follow is to get your next set of vaccines at the beginning of the "Flu Season", even if it's not a full year between vaccinations. That way you're covered. Hopefully by the time the next flu season rolls around, the seasonal flu and H1N1 vaccines can be combined.

Hooray for one poke!!!!

Food Safety

Top 10 Turkey Tips for Safe Holiday Meals (Cheryl Hunter)

- *When you shop:* Keep the turkey apart from other foods in your bag or cart.
 - *At Home:* Store the frozen turkey in your refrigerator on the bottom shelf.
 - Thaw the turkey in the refrigerator or in cold water, changing the water every half-hour. DO NOT thaw at room temperature.
 - Wash your hands with hot soapy water for 20 seconds before you touch the turkey or other foods.
 - Wash your cutting board, kitchen tools and counter tops with hot soapy water before and after you fix the turkey.
 - Mix the stuffing just before it goes in the turkey or cook the stuffing separately.
 - Cook the turkey thoroughly. Use a food thermometer to check for doneness-180°F.
 - Cut the turkey and serve it within two hours.
 - Keep hot foods hot 135°F
 - Store leftovers in small containers in the refrigerator.
- Thaw a 12-16 pound turkey:**
In the refrigerator: 2-3 days
In cold water: 6-8 hours

Cook a 12-14 pound turkey at 325 degrees F
Unstuffed: 3-3 1/2 hours
Stuffed: 3 1/2—4 hours



Volunteerism During the Holidays (Yolanda Hill- Ashford)

In these hard economic times, it is not unusual to hear that people are having a hard time making ends meet. Perhaps even someone close to you is experiencing difficulty. If you're feeling frustrated or saddened trying to find ways to help the people in your community, consider volunteering.

Volunteering gives you an opportunity to change lives, including your own. Making a difference in someone else's life will definitely help you improve yours. There is no greater gift than the gift of helping others!

Here are some helpful tools to make the best of your volunteer experience:

- **Find what's right for you!**
Pick what really interests you and who (or what) is most deserving of your time.
- **Find what fits your schedule!**
Local organizations (like hospitals or shelters) often like volunteers to give them a set amount of time every week or two.
- **Expand Your Mind!**
Volunteering is a great way to learn new skills. It gives you a chance to discover what kinds of things you're best at and enjoy the most.
- **Feel Good!** Donating your time is a great way to feel like you have the power to change things for the better.

Here are a few ideas to get you started:

- **Help kids learn and grow.** Become a Big Brother or Big Sister, camp counselor, or volunteer for an after-school sports program. Special Olympics games and events are great ways to get to know special-needs kids.
- **Give back over the holidays.** Serve Thanksgiving dinner to the homeless, volunteer at your local food bank, or distribute toys to kids. Your church, temple, mosque, or other place of worship also may be able to use your help.
- **Play with pets at a local animal shelter.** Most shelters depend on volunteers to keep the cats and dogs happy and well exercised. (And when you're walking rescued dogs, you get a workout too.)
- **Help the environment.** Join a conservation group and help out with river preservation. Take part in a local park cleanup day. You don't have to be an outdoorsy type — if you can't picture yourself hauling trees up a hill, you could help out in a park office or education center.
- **Support a health-related cause.** Lots of us are close to people who have a medical problem (like cancer, HIV, or diabetes, for example). It can feel good to donate your time to an

organization that raises money for research, delivers meals, or offers other help to people with an illness.

If you have more than one thing you love, find a way to combine the two. For example, if you love kids and are great at arts and crafts, visit your local children's hospital and offer to lead art activities for young patients.

There are several ways and places you can help. Search the internet or look in your local phone book under "volunteer." Call an organization directly and ask if they need volunteers in your area or ask friends or relatives for ideas and contacts to tell you about a job that's a good fit for you.

For those interested in volunteering here at the Detroit Department of Health and Wellness Promotion (DHWP) please contact the office of H.O.P.E at: (313) 876-4444.

Reviewed by: [Kate M. Cronan, MD](#)

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Special Projects

What is Generation With Promise? (Keshaum Houston)

Generation With Promise (GWP) is a state initiated project that aims to prevent obesity and smoking in children. It is based upon the *Michigan Steps Up* healthy lifestyle initiative led by the Michigan Surgeon General, Kimberlydawn Wisdom, and the Michigan Department of Community Health.

The goal of this initiative is to empower middle school students to make the necessary changes in their behavior, environment and policies so they can live longer, healthier lives. By doing this over time, we will decrease the risks of chronic diseases and obesity and create healthier communities while developing community healthcare advocates and leaders.

GWP is funded by a \$5-million grant from the W.K. Kellogg Foundation whereby sixteen schools receive \$25,000 for each year they are in the program. We are happy to inform you that twelve of the sixteen were selected from the inner city Detroit Public School system.

The DHWP is a very proud participant of this initiative that promotes *Eating Healthy, Moving More and Not Smoking* for the youth of this city.



Selected DPS Middle Schools:

Taft Middle School
 Phoenix Multicultural
 Murphy Middle School
 Greenfield Union
 Nichols Middle School
 Vetel Middle School
 Trix Middle School
 Burns Middle School
 Hamilton Middle School
 Hutchins Middle School
 Clark Middle School
 Mark Twain Middle School

Public Health Prevention

Watch Those Who Are Watching You. (Murlisa Lockett)

The holiday season is upon us and with each passing day, the hearts of children everywhere beat a little harder and faster. The holiday season is a time of love and peace and the busiest shopping season of all. It is also the time of year that criminals target the unsuspecting shopper for profit or gain.

While you are out this holiday season, be sure to be mindful of those who are watching you.

Here are some tips that will make this an enjoyable holiday season:

- Dress comfortably and wear comfortable shoes.
- Shop during the daylight hours if at all possible. If shopping after dark, park in a well lit parking area and shop with a group.
- Do not wear expensive clothing or jewelry when shopping.
- Carry proper identification at all times.
- Do not carry large amounts of cash on you.
- Pay for purchases with credit or debit cards.
- Store your purchases in a locked vehicle out of site or in the trunk.
- Carry all cash in your front pocket.
- Do not leave the mall or store overloaded with items that will restrict your movements and vision.
- Be alert for strangers loitering in the parking lot, if you do not feel safe going to your vehicle, request an escort.
- Lock your car door. Possibly the easiest thing to do to enhance your safety.
- Trust your gut feeling or sixth sense, if you feel threatened act on those instincts.
- Have your keys ready when you leave the store, be ready to unlock the door.
- Bring your cell phone with you while you shop.
- Instruct your children to find a store clerk or security personnel if they get lost.

We hope these simple tips will help you and your family enjoy a fantastic, exciting, and safe holiday season and remember to watch those who are watching you.

The Nutrition Nook

Keeping Healthy Around the Holidays. (Eve VanDalsen, RD)

Holidays are a time for spending time with family and friends. Often this includes generous buffets lined with casseroles, biscuits, gravies and meats. With the tables full of buttery sweets, cookies, and cakes, it's no wonder that most of us put on a few extra pounds this time of year.

Here are a few pointers on how to keep things in check this holiday season:

- **MODERATION.** Don't deny yourself a slice of your favorite Aunt Millie's pie. Instead, exercise moderation. This goes for all buffet style eating. Feel free to have a taste of all your favorites; just don't end up with a mountain of food piled high.
- **SAVOR EACH BITE.** This is great year-round advice. So many of us are in the habit of eating on the run that when we sit down to a proper dinner, we approach it like a pack of wild dogs. Enjoy your dinner. Be grateful. Get in the conversation. Set your silverware down occasionally, sip your water. You may even notice the "fullness" signs coming much sooner and end up eating less. Which leads nicely to the next point...
- **STOP EATING WHEN YOU'RE NO LONGER HUNGRY.** Don't eat until the buttons are popping from your holiday pants and never eat to the point of discomfort. Stop when you no longer feel hungry.

Slowing down will help you recognize these signals your body is sending.

- **POSITIONING.** If given the option, never stand by a buffet table, or snack table. This will only increase your risk of overdoing it. Involved in a conversation mindlessly nibbling cheese cube after salami slice can add up quickly!

Above all, enjoy yourself. The holidays can be stressful and though we can't control other people's behavior, we can control our own. Wishing you peace, prosperity, and love this holiday season and always from the Nutrition Department.

Enjoy Your Holidays and Keep Fit Too! (Alberta Smith-Plump, RN)

Between Thanksgiving and the New Year, the average American does a little too much celebrating at this time of year. It is an especially challenging time of year for those of us who are trying to maintain healthy habits such as working out and eating low-fat, low-calorie foods. We're constantly urged to have another helping, enjoy a holiday treat or skip the workout to go shopping instead. No wonder we're all gaining weight!

But the holidays are meant to be enjoyed right? Surely complete deprivation is not the answer! The solution is to strive for balance and moderation in all areas of your life.

Here are several great tips for staying fit and eating well over the holidays:

- Drink lots of water throughout the day. It suppresses the appetite and makes you feel full.
- Snack on fruits, vegetables and high-fiber foods whenever possible. Dried fruits are healthy and a good alternative to many sweet snacks such as cookies and candy.
- Limit alcohol consumption. Remember that alcohol contains almost as many calories per gram as fat. Alternate alcoholic drinks with water or club soda while you're at a party. No one will know unless you tell them!
- Enjoy the outdoors as much as possible: bundle up and take the dog for a walk, and try skating or sledding; squeeze 10-minute walks into your schedule. Any extra activity helps.
- Acknowledge that you're probably going to miss some workouts during this time and plan now to work around it. Schedule different times or substitute another activity, even if it's at home.
- Eat a nutritious meal or snack before you attend events or parties where there is a lot of

food, or use a small plate to avoid overindulging.

- Another good tip is to leave at a reasonable hour. In addition to helping you get enough sleep during this hectic time of year, you'll also be removing yourself from the temptation to continue eating unnecessary calories.

Enlist the help of a family member or friend to help keep you on track with healthy habits during the holidays. Choose someone who can provide not only encouragement, but a good example as well.

- Remember that balance, variety and moderation apply to holiday celebrations as well as to most other things in life, so don't be too hard on yourself if you slip up. Keep your good intentions, spend time with family and friends and enjoy the holidays.



Managing Asthma During the Holiday Season (Elizabeth Milton)

During the holiday season, millions of Americans are preparing to decorate their homes and gather for holiday feasts. But for the asthma sufferer, the holiday season holds several potential triggers. Whether it's setting up your Christmas tree, visiting your pet owning relatives, or feasting on holiday treats, allergy and asthma triggers may be lurking around every corner.

With hectic schedules and constant traveling around the holidays, it's easy to forget to take proper care when dealing with allergies and asthma. Please remember to take medication and avoid potential triggers to keep symptoms under control.

The following are 10 tips to help your holiday season be asthma and allergy free:

- Before decorating a live Christmas tree, allow it to dry

out on an enclosed porch or garage. You may also want to explore whether the tree retailer has a shaking machine, which will physically remove some allergens from the tree.

- Clean artificial Christmas trees outside before decorating. They can gather mold and dust in storage.
- Wash fabric decorations in hot, soapy water before displaying.
- Use plastic, metal or glass decorations that cannot trap dust mites.
- When attending holiday parties, inform the host about your food allergy and ask about the ingredients used to prepare the meal.
- Carry self-injectable epinephrine in case you accidentally eat a food to which you are allergic. Homemade items do not have ingredients lists and can be contaminated with trace amounts of allergenic foods

through contact with storage containers, baking sheets and utensils.

- If visiting relatives' homes that have pets, take medication before arriving to minimize a possible reaction.
- The holidays can be a very stressful time of year. Pay attention to your stress level, which can sometimes lead to an asthma attack.
- Ask your relatives and friends to avoid burning wood in the fireplace. The smoke can trigger an asthma attack.
- Dust mites can be especially troubling when traveling away from home, take your own pillow with an allergen-proof cover and request down-free pillows if staying in a hotel.



Lead Poisoning and Holiday Ceramic Glazed Dishes (Elizabeth Milton)

Lead poisoning and ceramic glazed dishes remain a concern. The holidays are approaching and cute holiday dishes will be everywhere. Which dishes can you use with food and which are just to be used as decoration? The best thing to do is watch the labels. Many holiday type dishes will state whether you can serve food in them or not. If a sticker reads..."Not Food Safe", I would not purchase the product for food use... but only as a decoration. Dishes with the label stating, "Not for Use in Microwave and hand wash" these products may contain lead in the glaze. Dishes with the stamp, "Oven Safe - Freezer - Microwave -

Dishwasher", printed on the bottom, are less likely to contain lead glaze.

Use caution and be skeptical of dishes brought in from China that are sold in \$1.00 discount stores. They are cheap for a reason. Lead glazes are inexpensive to make.

People should also be aware of old ceramic dishes given to you by grandma; They should not be used to serve food but only as decoration. We have only been aware of the dangers of ceramic glazes containing lead in the last few years. Putting hot foods in lead based ceramic glazed dishes could be dangerous. It is also

suggested that you don't store food in the fridge in ceramic glazed dishes either. Glass is probably the best.

If you have any questions about the safety of dishes you own, the best precaution is to contact the manufacturer of the dishes you use.



What's New at DHWP?

Safe Holiday Decorating Tips (Keshaum Houston)

It's the Holiday season and we are very excited about it here at the DHWP. As you know, with all the excitement of the holiday season, we sometimes forget those little things that help keep us safe, healthy and happy during this time of year. So we decided to equip you with a few helpful safe decorating tips as you make your homes, offices, businesses, churches and other organizations beautiful this holiday season:

Trees

Many artificial trees are fire resistant. If you buy one, look for a statement specifying this protection. A fresh tree will stay green longer and be less of a fire hazard than a dry tree.

To check for freshness, remember: **A fresh tree is green.** Fresh needles are hard to pull from branches. When bent between your fingers, fresh needles do not break. The trunk butt of a fresh tree is sticky with resin. When the trunk of a tree is bounced on the ground, a shower of falling needles shows that tree is too dry.

Place tree away from fireplaces, radiators and other heat sources. Heated rooms dry trees out rapidly, creating fire hazards. Cut off about two inches of the trunk to expose

fresh wood for better water absorption. Trim away branches as necessary to set tree trunk in the base of a sturdy, water-holding stand with wide spread feet. Keep the stand filled with water while the tree is indoors. Place the tree out of the way of traffic and do not block doorways. Use thin guy-wires to secure a large tree to walls or ceiling. These wires are almost invisible.

“Snow”

Artificial snow sprays can irritate lungs if inhaled. To avoid injury, read container labels; follow directions carefully.

Lights

Indoors or outside, use only lights that have been tested for safety. Identify these by the label from an independent testing laboratory.

Check each set of lights, new or old, for broken or cracked sockets, frayed or bare wires, or loose connections. Discard damaged sets or repair them before using.

Fasten outdoor lights securely to trees, house, walls or other firm support to protect from wind damage. Use no more than three standard-size sets of lights per single extension cord. Turn off all lights on trees and other decorations when you go to bed

or leave the area for extended periods of time such as overnight. Lights could short and start a fire. Never use electric lights on a metallic tree. The tree can become charged with electricity from faulty lights, and any person touching a branch could be electrocuted! To avoid this danger, use colored spotlights above or beside a tree, never fastened onto it!

Keep “bubbling” lights away from children. These lights with their bright colors and bubbling movement can tempt curious children to break candle-shaped glass, which can cut, and attempt to drink liquid, which contains a hazardous chemical.

Plan for safety and remember, there is no substitute for common sense.



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Your Partner in Good Health

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www.dethealth.org



**DHWP Gets Policy
Minded** (Myra Tetteh, Health Policy
intern, HIPPER Division)



Elected officials serve our causes. Therefore, communicating with policymakers is important so they may know what policies are important to us. Informing those that represent you of what policies they should stand behind could be a daunting task, yet it is one of the most important!

There are ways to communicate effectively with policymakers:

- **Face-to-Face Meetings.** Face-to-Face meetings allow the issue that you are advocating for to have a human face. Make sure that the meeting includes a diverse group of committed people that can share their feelings for the problem. Also, make sure that some members reside in the elected official's district.
- **Testimony.** Sharing testimony at a public hearing could sway support of an issue. For this reason, it is important to dress for success and prepare to share how the issue has personally affected you and what changes you would like to see.

DHWP Recipe Corner

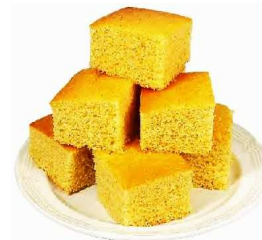
Featured: Centers for Disease Control and Prevention

Heart-Healthy Home Cooking: African American Style

Good For You Cornbread

This is not only good for you, it's good in you—making it a healthy comfort food.

- 1 cup cornmeal
- 1 cup flour
- 1/4 cup sugar
- 1 teaspoon baking powder
- 1 cup low-fat (1%) buttermilk
- 1 egg whole
- 1/4 cup margarine, regular, tub
- 1 teaspoon



Directions

1. Preheat oven to 350 degrees F.
2. Mix together cornmeal, flour, sugar, & baking powder.
3. In another bowl, combine buttermilk & egg. Beat lightly.
4. Slowly add buttermilk & egg mixture to dry ingredients.
5. Add margarine & mix by hand or with mixer for 1 minute
6. Bake for 20-25 minutes in an 8x8 inch greased dish
7. Cool. Cut into 10 squares



Yield	10 servings
Serving Size	1 square
Calories	178
Total fat	6 g
Saturated Fat	1g
Cholesterol	22 mg
Sodium	9 mg
Total Fiber	1g
Protein	4g
Carbohydrates	27g
Potassium	132 mg

• Writing Letters and Sending Emails.

Though this method may seem impersonal, many letter writing campaigns have changed the minds of policymakers! Communicate the needs effectively and include what changes you would like to see occur.

Before any of these methods take place, ensure that you are prepared! Be ready to speak on your concerns succinctly, yet still able to get your concerns across effectively. The following methods will help in preparing for a visit with a policymaker:

- **Know the policymakers' background.** For what issues does the policymaker typically advocate? Kids, seniors, families...Hone your messages in accordance with that.
- **Get to know the policymakers' staff.** Policymakers rely heavily on their staff so establish a good relationship with them.

• Establish your agenda and goals

Address what you want to happen because of your meeting, prior to the start of the meeting.

• Keep your message short and simple.

Policymakers are busy, and your meeting time will most likely be limited, so keep the message brief.

- Prepare a 1-page summary to leave behind,
- Leave a summary behind for the future reference of the policymaker and their staff.

PRACTICE, PRACTICE, PRACTICE

A well-organized and prepared message can make all the difference!

If you have any questions as to you incorporate more policy advocacy efforts into your daily work, please feel free to call Public Health Policy Intern, Detroit Department of Health and Wellness Promotion, Office of Health Information, Planning, Policy, Evaluation, and Research (HIPPER) at 313.870.0674 or email her at tettehm@detroitmi.gov.